



NAVAL BASE CORONADO SAFETY LINES



DECEMBER 2006

HOLIDAY SAFETY TIPS

Christmas Tree Safety

For many people, decorating the Christmas tree is a favorite part of the holiday. These are some safety tips to make sure a mishap doesn't spoil your holiday season.



Christmas Trees

A real tree can add to the spirit of Christmas by filling your home with beauty and the scent of pine. But a real tree can also pose a fire hazard. Each year, more than 400 residential fires involve Christmas trees and tragically nearly 40 deaths and 100 injuries result from those fires.

Try to select a fresh tree by looking for one that is green. The needles of pines and spruces should bend and not break and should be hard to pull off the branches. On fir species, a needle pulled from a fresh tree will snap when bent, much like a fresh carrot. Also, look for a trunk sticky with sap.

Cut off about two inches of the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly.

Stand your tree away from fireplaces, radiators and other heat sources. Make sure the tree does not block foot traffic or doorways.

If you use an artificial tree, choose one that tested and labeled as fire resistant. Artificial trees with built-in electrical systems should have the Underwriters Laboratory (UL) label.

Christmas Light Safety - Stay safe this holiday season

Each year, accidents occur from the improper use and storage of Christmas lights. Follow these tips to best protect yourself:

- Take out your strings of lights and carefully untangle them.
- Verify that each string of lights carries the official Underwriter's Laboratories *UL label.
- Take time to inspect your lights before plugging them in. Check for cracks in cord insulation or socket. Look for places where the wires are bare or broken.
- Throw away suspect or damaged strings. Minor cracks can be temporarily repaired with electricians tape for indoor lights. Discard all damaged outdoor light strands, regardless.
- Plug safe-looking strings into an electrical wall socket for 15 minutes and check for signs of melting or smoking wires.
- Always unplug your lights before changing bulbs.
- Replace burnt out bulbs immediately. Always use replacement bulbs of the same voltage/wattage as the entire string.
- If your string has "push in" bulbs, don't twist or screw them - pull them straight out.
- Verify that all strings designated for outdoor use are weatherproofed lights and wires. If an extension cord is needed, wrap the connection juncture tightly with electrical tape and keep suspended off the ground.
- Do not use indoor lights outdoors and vice versa.
- Do not overload wall sockets. Be aware of power drains from extra appliances and common circuits. Use different sockets around the house to plug in multiple lights to balance the load.
- Do not connect together more than the maximum number of strings.
- Set lights to a timer system so that they turn on and off, or be certain to shut off lights when you are asleep or not at home. Limit continuous usage of lights to avoid overheating.
- Hang lights and lamps so that they are not in contact with branches, paper, ornaments, decorations or other flammable items.

Hanging Christmas Light Safety Tips

Before you actually get up on the roof, look at what you've got to work with. How are you going to hang the lights? Where are you going to place your ladder?

Planning your ladder placement and the use of the ladder is the most important part of hanging your lights.

An A-frame ladder is your most stable choice. Inspect your ladder for visible defects that could affect their safe use. Making sure your ladder locks are in place and locked down. The top or top step of a stepladder shall not be used as a step.

With any ladder, make sure you have a good base. Ensure you have firm contact with the ground. Ladders shall not be moved, shifted, or extended while occupied.

HOLIDAY PARTY TIPS

It's time for the command/department or family/friends Christmas parties once again. Everyone is planning to make this year's parties bigger and better than ever. Ornament auctions and gift exchanges are being planned as part of the many activities. With gifts in mind, the best holiday gift one can give to co-workers, family, friends and neighbors is preventing someone from driving after they have been drinking alcohol.

Being a responsible party planner is a simple way of taking a stand against impaired driving this holiday season. Whether the party is an office party or a party in a private home, someone must be responsible for regulating the alcohol consumption, especially for drivers.

One holiday party tip is to know who is driving. Take some simple steps to assure that only unimpaired drivers leave your party. Give "Designated Driver" or "No thanks, I'm Driving" lapel stickers to drivers to wear during the party. A person can be creative and make their own stickers. Have a car keys "check-in." Collect and tag each guest's car keys, and at the conclusion of the party, only return keys to designated drivers. Have guests sign up for alternate transportation at the beginning of the party in case they decide to drink. Alternative transportation might include calling a family member, neighbor, taxi, police, or dial-a-ride. Some communities have towing services that provide free rides and free vehicle tows to impaired individuals.

Calling for a free tow or paying for a taxi cab is cheaper than a DWI charge. Human lives are at stake here.

Another tip for planning a party is to provide a wide range of food and activities for guests. Serve food that is high in protein and carbohydrates. Foods like cheeses and meats are especially good. These foods stay in the stomach longer, which slows the rate at which the body absorbs alcohol. Make sure a variety of beverages are available for guests, including drinks that are non-alcoholic. Beverages could include non-alcoholic eggnog and a variety of

punch recipes. Remember, the designated drivers will not be drinking alcohol. Play games or dance. Action games such as cards or board games may take the focus off of drinking. Control the amount of alcohol served—no open bars. Never serve alcohol to minors. Stop serving alcohol at least two hours before the party is over so guests have time to absorb the alcohol consumed.

As a party planner, you share the responsibility for making certain each guest returns home alive. When the party is over, only return car keys to designated drivers. Ask alcohol-impaired guests to stay overnight, or use alternate transportation to get home. Whatever you do, never give in to excuses.

Friends don't let friends drink and then drive.

HOLIDAY SAFETY STAND DOWN

Naval Base Coronado Holiday Safety Stand down will be held on December 13, 2006 at the NASNI Base Theater from 0800 – 1130.

Agenda:

- Traffic Safety
- Recreation and Off-Duty Safety
- Suicide Prevention
- Tijuana Liberty
- Emergency Planning

HAPPY HOLIDAYS!!!

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 05 December 2006 and 09 January 2007
Where: Bldg 678, Classroom 222
Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request to 545-1053.

RESPIRATOR TRAINING CLASS

Date: 09 December 2006 and 10 January 2007
Where: Bldg. 678, Classroom 222
Time: Respiratory Program Assistant - 0800-1200
Respiratory Protection Program (Users) - 1300-1430

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request to 545-1053.

NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND

DATE

FEDERAL FIRE	04 JAN
BEACH MASTER UNIT ONE (BMU-1)	17 JAN
PORT OPERATIONS	31 JAN

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED IN BLDG 678, RM 227

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The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics. Visit <http://www.nbc.navy.mil> (Safety Department) for previous SAF-T-LINES.